

Na Leo O' Atlas

ATLAS INSURANCE AGENCY

one Atlas.

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Submit your articles, pictures
or suggestions to:
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Lemonade Alley—Ice, Ice Breakers!

By Kimberly Li

Lemonade Alley 2016 was another great success! Don't know what Lemonade Alley is? It's much more than your ordinary lemonade stand. The event allows Hawaii's children from grades K-12 to be a "kid-preneur" by developing their very own business plan to help raise money for a local charity of their choice. The contest also requires the participants to use their creativity to build and design a stand in addition to creating and selling a recipe.



This year, Atlas' very own Ice Breakers team worked hard to come up with a unique, yet delicious recipe which left everyone wanting more. Our pink lemonade ice cakes with a li hing mui seed in the center were a big hit! Other items sold were glow sticks, LED rings, slap bracelets, and assorted candies to go with our 80s theme. Our Ice Breakers team included Micah Leger, Cameron Tanaka, Ysabella Blas, and Rylen Nasu. The kids did an amazing job hustling their sales and raised over \$900 (includes our office pre-sale, thank you everyone!) for our charity, INPEACE. Tina's son, Micah also won the Best Costume award for his super cute 80s break dancing outfit. Congratulations Micah!

A big thank you to all of those who volunteered and participated this year – Tina Leger, Kazuko Tietz, Sharilyn & Curtis Tanaka, Dar & Neri Blas, Brian Li, Chenise & Stan Blalock, Kristen Ribilla, Erika Nacar, Elaine Gascon, John Smith, Myles Murakami, Lucia Keane, and Steven Pang. And thank you to our staff who also donated and supported this event to make it a great experience for our kids! It was a long, but fun filled day!



Lemonade Alley, cont.



There is “No Fooling” with Toastmasters By Raphael Ramos

Atlas `Ōlelo Hui shared a great meeting this past April 21st with an April Fools theme, “No Fooling!” by Toastmaster of the Day, Peter Junker. Three awesome speeches were shared from the Competent Communicator Manual by Stephen Parker, Daun Watanabe and Vivian Haitzuka!

Stephen Parker delivered his second speech entitled, “Why Superman Is The Greatest Superhero Ever.” This is the second project speech, “Organize Your Speech”. Stephen shared why Superman is the greatest in contrast to Batman in many ways! Also a very brief synopsis of the Batman v Superman: Dawn of Justice movie was shared.

Daun Watanabe shared her first, Ice Breaker speech, “Flying Through Life With Angels On My Shoulder.” Daun shared many of her life experiences on how her Guardian Angel has been working overtime and throughout vacation by saving her from many accidents!

Vivian then provided a Persuade with Power speech, “Exercise...Who Needs It?” Did you know that 80% of adult Americans don't get any exercise?* According to the CDC/NCHS National Health Interview Survey and through Vivian's persuasion, we all need it! Benefits promoted were boosts in improved mood, increased energy, better weight and sleep to name a few.**

Sources: *CDC/NCHS, National Health Interview Survey, 1997–2014, Sample Adult Core component.

** Mayo Clinic Staff



There was also a Table Topics (Impromptu) speaking section of the meeting where Elaine Gascon asked Michael Cravalho and John Smith questions as What would be the best April Fool's Joke?" and "Is there such thing as taking the April Fool's joke too far?"

**Next Meeting: Thursday, May 19th, 2016 at 12pm.

Best Speaker
(pictured):
Stephen Parker



Straight from the HEART!

By Steven Pang

Atlas Insurance Agency cares, not only for your professional growth, but for your personal well-being!

On Thursday, April 7, 2016, the HEART Committee encouraged Healthy Eating, by purchasing Subway Turkey and Vegetarian subs, for all employees wishing to participate. Healthy eating involves balance. A variety of foods from all the major food groups including fruits and vegetables, meats or protein sources, dairy or calcium, grains and cereals, and healthy oils and fats helps maintain a healthy body and healthy weight.

Following fad-diets or eating low calorie snack foods is not the way to go...It's about consistency, and making healthy eating a lifestyle. High-fiber whole grains and fruits & veggies will help you lose the excess adipose.

Poor eating habits and being obese are major risk factors for type-2 diabetes. A diet rich in fish, nuts, fruits, veggies and other healthy foods provides you with omega -3 fatty acids and monounsaturated fats that are good for your heart. Poor diet, weight gain, consumption of too much red meat or processed meats, is associated with a higher risk of some forms of cancer.

I have taken vitamins and supplements from time to time, to supplement an unbalanced diet. However eating a healthy and balanced diet will provide you will all the essential vitamins and minerals you need... unless otherwise prescribed by your physician.

Eat Healthy, Stay Strong!



2016 HEART Committee

Aleksandr Razloga, x-8740
 Anna Gima, x-8714
 Catherine Yamamoto, x-8683
 Chenise Blalock, x-8680
 Daun Watanabe, x-8714
 Kristen Ribilla, x-8791
 Vince Miyoi, x-8719
 Vivian Haitzuka, x-8653

2016 HEART Committee Advisors

Bonnie Pang, x-8651
 Lance Kawano, x-8725
 Sharon Hodson, x-8657
 Steven Pang, x-8619
 Vince Miyoi, x-8719
 Naomi Sutton, WorkLife Hawaii





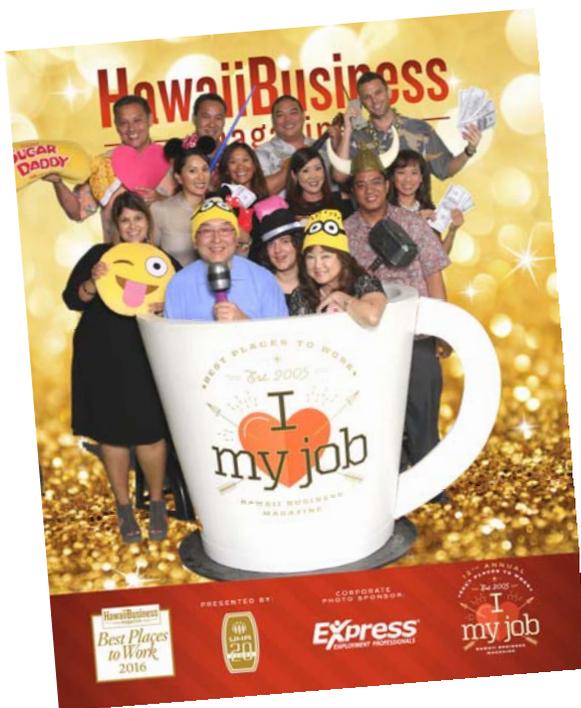
Welcome, Michael! By Bonnie Pang

Please welcome aboard as Senior Benefit Consultant, Michael Madix. In this role he will be working with our largest clients, including self-funded and Taft Hartley.

Michael comes to Atlas Employee Benefits with fourteen years of experience as an Underwriting Manager at various health insurance companies in Hawaii. Prior to joining Atlas, Michael was the Senior Underwriting Manager for Family Health Hawaii.

Michael is a Master at Arms in the Navy Reserve. He is married with two children and one grandchild. Atlas Employee Benefits is very pleased to have Michael join our team!

Hawaii Business' Best Places to Work!



For the eighth year in a row, Atlas has been one of the finalists for the Best Places to Work in the medium sized category. Also, we are pleased to announce that we also won the Healthiest Company in the Medium sized category as well for the second year in a row. Thank you to all the staff that made it possible and we appreciate each and everyone of you to help make Atlas the Best Place to work!



Congrats, Grandma Sheryl!

Please welcome Sheryl Kawamura's (Hilo Office) granddaughter, Addisyn Yuriko Cabalar! She was born: 3/23/16 at 1:04 pm, weighing 5 lb 13 oz., 19".

What a cutie...congratulations to Sheryl and her family!



New Business—Agents

Commercial

Personal

March Winners



Gerald Takeuchi



Matthew Arine